

South Dakota Human Services Center

2006 SD Department of Education **Nutrition Education and Physical Activity** **Mini-grant Final Report**

The South Dakota Human Services Center was awarded a \$1000 Nutrition and Physical Activity Mini-grant which benefited our adolescent population (students age 12-17). Many of these adolescents come from lifestyles and living conditions that were not conducive to learning the importance of healthy nutritional and physical fitness choices. The Center had a nutrition and a physical fitness goal and the grant allowed us to acquire nutrition curriculum and carry out our goals.

To promote physical activity in our adolescent population, the first goal was to develop a "Walk Across South Dakota" Program. This Program was developed for the adolescents on the Oak 2 unit, which is our long term unit. A path across South Dakota was mapped out and included well known stops along the way. A list of guidelines and rewards in relation to these landmarks was developed. For example, once a participant reached Mitchell, they received a bag of microwave popcorn. The path totaled 490 miles. For each mile walked, they moved 10 miles on the map. The Oak 2 unit can house 12 adolescents. Due to the fact that this is a hospital, adolescents may be discharged and new adolescents are admitted to the unit. We felt the Program was a success as four adolescents completed the entire "Walk Across South Dakota", and four others made it past the Missouri River which was more than half-way. Within the grant time frame, a "Walk Across Minnesota" and a "Walk Across Colorado" were completed with two individuals completing each state. The next walk is currently being completed and is a "Walk Across California". The kids have had a lot of fun getting more exercise, winning prizes along the way, and learning about the different states. All participants in the "Walk Across South Dakota" earned a water bottle and are drinking more water and less pop as a result.

To teach and promote nutritional education and encourage healthy food choices, our second goal was to provide nutrition education classes once a week on all four adolescent units. The nutrition classes were conducted by the registered nurse, or assigned designee in their absence, on each of the four units. Attendance sheets were kept to track classes and attendance. Due to the staggered admission and discharge dates, and transferring of adolescents between units, it was impossible to verify that each individual attended 75% of the classes offered. However, from the attendance sheets it can be verified that a weekly nutrition class was held on each of the adolescent units and open to all adolescents housed on each perspective unit at that time. Curriculum that was and will continue to be used for these classes was purchased through the grant award.

Due to the nature of the facility we are unable to follow the adolescents after discharge to see if they are following through with what they learned about healthy lifestyle choices.

We are also unable to provide pictures of the adolescent participants because of HIPAA (Health Insurance Portability and Accountability Act) and patient confidentiality.

The South Dakota Human Services Center continues to make changes to promote health lifestyle choices. We are making changes to some of our vending machine areas with healthy choices only, 5 grams of fat or less. We will also be having a Fitness Fun Day on July 12th which will include various tests for patients for Body Mass Index, Blood Pressure, Lung Capacity, flexibility and Diabetes Screening. Patients will also be encouraged to walk a mile and participate in active games. Following their screenings and activities, patients will have the opportunity to develop fitness and health goals with the Therapeutic Recreation Specialists and Nurses. A healthy snack will be available. Goals will be posted in the Activity Center.